

Sexual Health

This section is about the sexual health and well being of all residents in Cardiff. There is a supplementary section which focuses solely on the sexual health and well being of young people in Cardiff, which should be considered in conjunction with this.

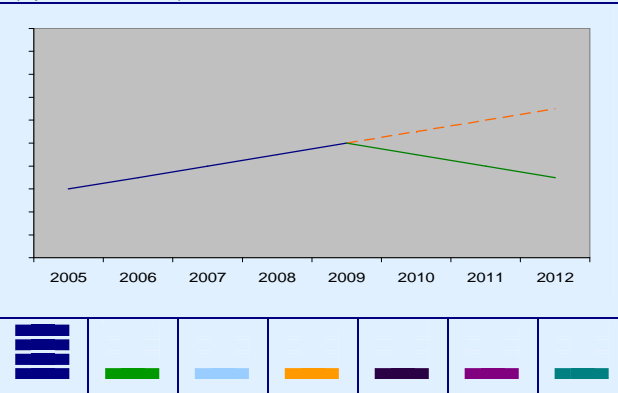
The World Health Organization defines sexual health as: “A state of physical, emotional, mental and social well being related to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.” This section is written in line with the recommendations in *Sexual Health and Wellbeing Action Plan for Wales 2010–2015*, which aims to provide a renewed focus for improving sexual health services in Wales. It forms part of *Our Healthy Future*, the Welsh Assembly Government’s strategic approach to improve the quality and length of life. It aims to:

- develop a society that supports open discussion about relationships, sex, and sexuality
- increase sexual health and relationships literacy
- improve access to good quality sexual health services
- reduce the number of unintended pregnancies, particularly among teenage girls
- reduce the rates of new sexually transmitted infections (STI) and HIV
- improve the health and social care for people living with HIV
- reduce the number of new diagnoses of sexually transmitted Hepatitis B and the number of people at risk
- strengthen the monitoring, surveillance and research of the population’s sexual health and well being

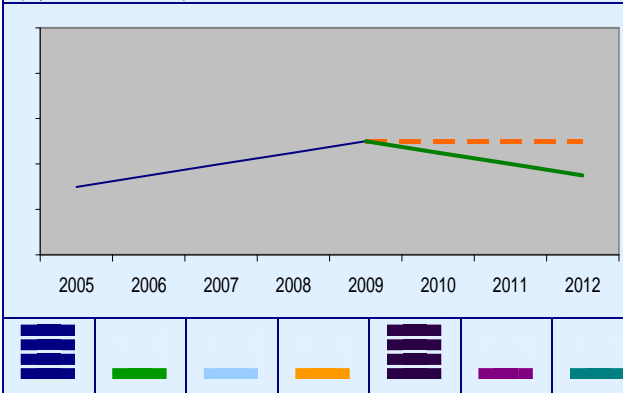
In terms of HIV and accommodation issues, Cardiff is currently the only area in Wales to have an agreed procedure for accepting HIV positive individuals as vulnerable under the Homelessness Persons legislation, enabling this group to secure temporary accommodation on confirmation of their diagnosis alone (usually by referral from the HIV Specialist Social Worker based at Cardiff Royal Infirmary).

Headline Indicators and how are we doing?

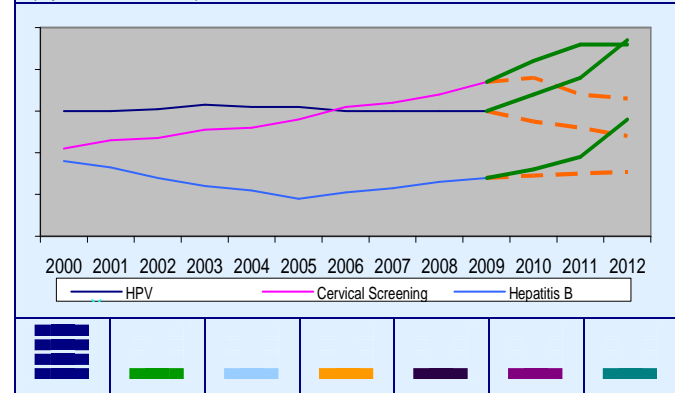
Number of new Chlamydia cases identified
(Speculative data)

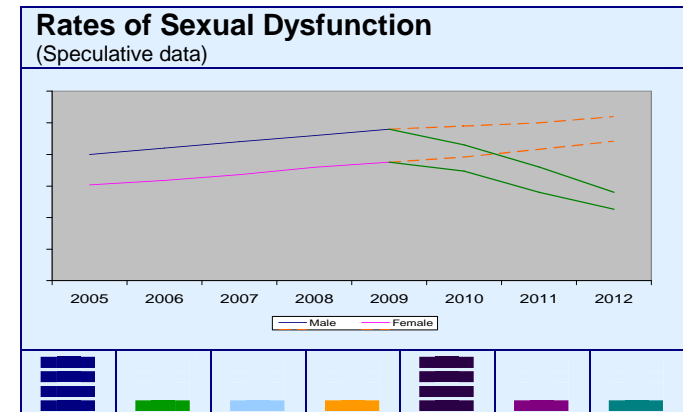
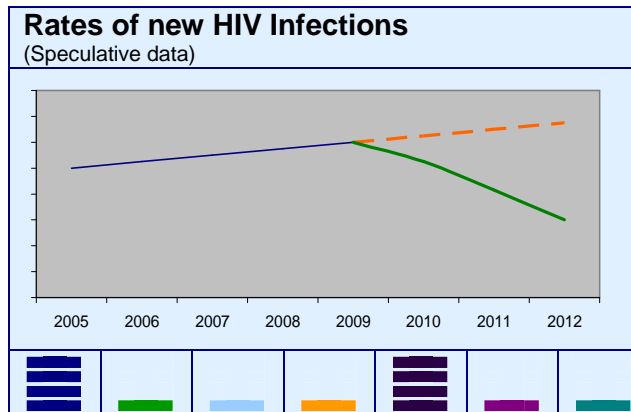
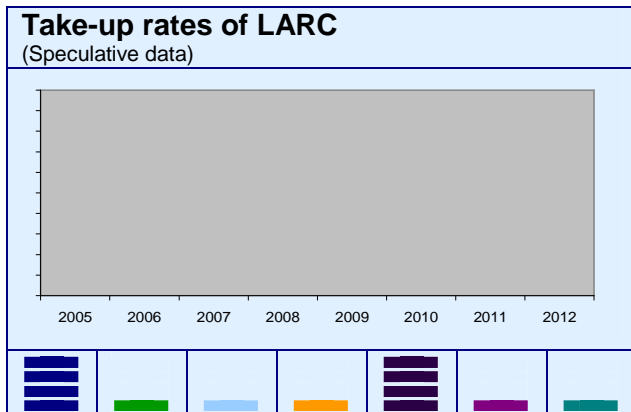


Rates of Terminations of Pregnancies
(Speculative data)



Take-up rates of Screening
(Speculative data)





Key:

- — — — — The route we will take if we do nothing
- — — — — The curve we want to turn

The bars under each graph represent how the indicator impacts on the seven Cardiff outcomes for the city as seen below:

Healthy	Environment	Safe	Thriving & Prosperous	Full Potential	Live, Work & Play	Fair, Just, & Inclusive
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Data Development:

- Rates of sexual dysfunction overall
- Rates of sexual dysfunction for women
- Rate of unplanned pregnancy which are carried to full term
- Rates of “safe sex” awareness

Story behind the baselines

Identification of Chlamydia cases: The new Nucleic Acid Amplification Tests (NAATs) are non-invasive and have resulted in an increased uptake of the test. Services have also actively targeted high risk groups such as students through pilot outreach initiatives. The practice of ‘partner notification’ also supports Chlamydia diagnosis. All this results in more people with Chlamydia infections being identified.

Terminations of Pregnancy: The trend is increasing overall. Unplanned pregnancies in under 16s have decreased but in 16-18 year olds have increased. There is an overall increase when considering all age groups.

Preventative Measures and Screening: There are a range of preventative measures available, namely cervical screening, Human Papilloma Virus (HPV) vaccination and Hepatitis B vaccination. HPV uptake at first vaccination high at 90%, the second dose uptake is reduced to 80%, and uptake is reduced further at the third and final doses at a low of 60%. This drop out rate needs to be addressed. Texting is now used to remind people to attend follow up appointments. Uptake of cervical cytology increased as a result of the “Jade Goody effect” but is beginning to drop again. Hepatitis B uptake had dropped but picking up again. Again there is a drop out rate from starting the course and failing to complete the whole course of injections.

Long acting reversible contraceptive (LARC): LARC are birth control methods that provide effective contraception for an extended period of time without requiring user action, such as intrauterine devices and implants. LARC methods have been shown to be both more effective in typical use for preventing pregnancy and significantly more cost effective than traditional contraceptive methods such as oral contraceptive pills and condoms.

Rate of new HIV Infections: The number of people diagnosed with HIV continues to increase in Cardiff. The rate of increase is slowing down but the total number of HIV-positive people is going up due to reduced mortality. Those with HIV live longer and are now developing older age conditions resulting in an increase in morbidity. There is a low rate of HIV infection via needle sharing. Asylum Seekers are no longer tested for HIV at initial screening, so we don’t know about infection rates in this high risk group.

Rates of Sexual Dysfunction: Rates of reported sexual dysfunction for men and women are around 30%, however, higher unreported rates are likely. Many practitioners are unsure how to diagnose sexual dysfunction, where to signpost or how best to support a patient.

Partners with a role to play

- Cardiff & Vale University Health Board
 - Integrated Sexual Health Service (ISH)
 - Child & Adolescent Mental Health Services (CAMHS)
 - Community Addictions Unit (CAU)
- Public Health Wales
- Primary Care and GPs
- Pharmacists
- Psychologists
- Drug Services & Needle Exchanges
- Street Life Project
- Sexual Assault Referral Centre (SARC)
- Domestic Violence Services
- Cardiff Health Alliance
- Children and Young People's Partnership
- Community Safety Partnership
- Welsh Assembly Government
- Cardiff Council
 - Schools / Teachers for Personal & Social Education (PSE); Sex & Relationships Education (SRE)
- Colleges & Universities
- Third Sector (British Pregnancy Advisory Service (BPAS), Terence Higgins Trust, Stone Wall)
- Services who work with older people
- Dating agencies
- Media / Marketing

What are we going to do?

- Support the provision of good quality standardised Sex and Relationships Education (SRE) in schools
- Provide free access to condoms from a wide range of well advertised locations, including the C-Card initiative in schools and youth settings
- Offer access to a full range of contraceptive services and aim to promote the take up of Long Acting Reversible Contraception (LARC)
- Promote the take up of preventative measures such as Hepatitis B vaccinations, human papilloma virus (HPV) vaccinations and cervical smears
- Provide sexually transmitted infections (STI) screening from a range of locations including outreach clinics to particular events or locations, including outreach testing
- Promote uptake of low intervention or less invasive testing e.g. oral swabs or finger prick testing for HIV, Syphilis and Hepatitis B, and urine testing for Chlamydia and Gonorrhoea
- Continue to use text messaging as a method to remind service users of appointments and to reduce DNA rates for clinics
- Provide both medical and psychological Sexual Dysfunction Services
- Consider various media for publicising information about conditions and services including printed resources, online resources, Video/DVD resources, etc.
- Consider our opening hours to meet the needs of a wide range of service users
- Signpost to resources for parents where appropriate, e.g. Speakeasy Programme
- Consider provision of relationships education to primary school-age children
- Consider how we can contribute to improve self-esteem via cognitive behaviour therapy (CBT) work, safe sex negotiation skills and positive relationships for young people
- Expand Chlamydia testing including outreach to particular high risk groups or appropriate events
- Improve the way we collect data
- Consider the benefit of targeted safe sex education for men who have sex with men
- Explore new ideas such as offering tests in new locations (supermarkets, cinemas), perhaps using elements of celebrity culture to our advantage (the "Jade Goody effect") and potentially incentivising desirable behaviours